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July 2015

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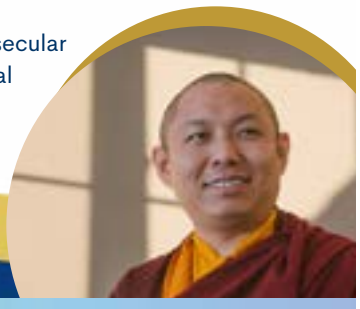

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Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

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Owner of Forged Barbell Holistic Strength Gym, Lauren Hoffman. Photo taken by Hilary Nichols. Read the article on page 10.

The spring issue of *The CW Journal* available now!

The Crazy Wisdom Community Journal

issue 89

Features

- Judy Ramsey Shamanic Practitioner & Animal Communicator
- Book Suey
- The Schvitz Health Club
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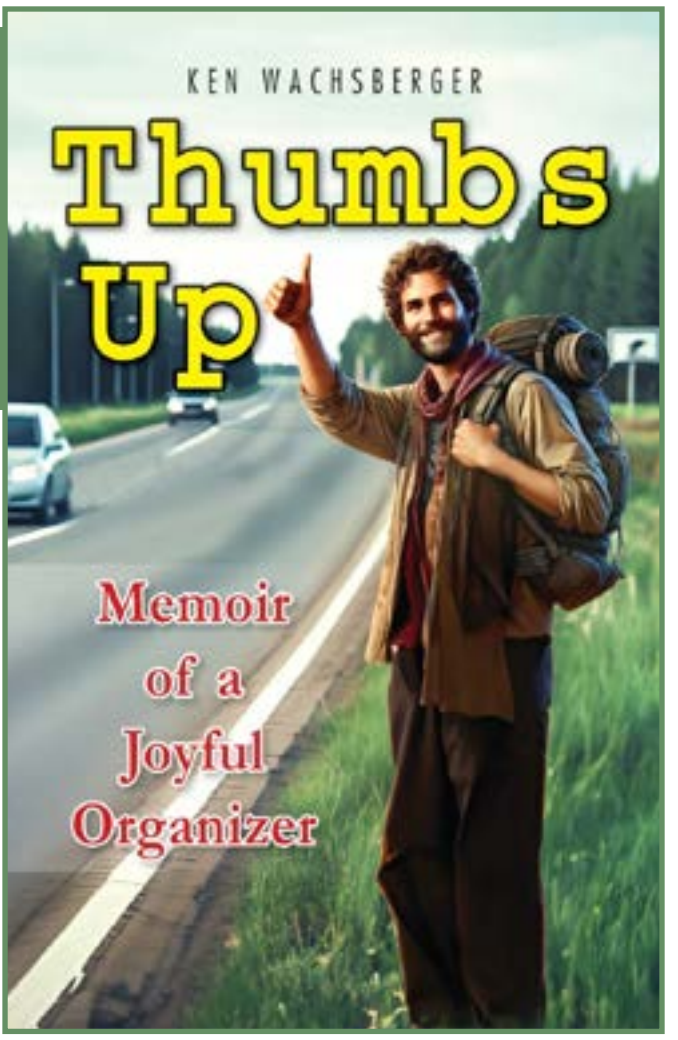
The Legacy of an Educator, Organizer, and Writer: *Ken Wachsberger*



By Petula Brown

Author. Editor. Teacher. Activist. These are just some terms used to describe Ken Wachsberger's contributions over the last four decades. For me, Wachsberger became a motivator supporting my efforts in the 1990s to blaze a trail as a freelance writer. Pre- Wachsberger, I'd written for several years and received content feedback from various editors and proofreaders, but the business of writing had not been my focus. Reading how-to books and attending informal workshops gave me some insights, but to apply those lessons I needed counsel. Someone willing to share his experience at adapting techniques into tangible works. Someone able to guide me to resources within the Ann Arbor community that could help me craft a writing persona. Wachsberger has been that person for me and countless others.

Over the decades, many of Wachsberger's works are autobiographical, stories based on his reality and experiences. His latest book, Thumbs Up: Memoir of a Joyful Organizer, focuses on his role as an organizer beginning with his Vietnam-era activities with the underground press before writing his first book, Beercans on the Side of the Road: The Story of Henry the Hitchhiker. As Wachsberger prepares to relocate from Ann Arbor to California next year, Thumbs Up serves as his memoir that reflects on his accomplishments and challenges. For fellow Baby Boomers, his latest work is an example of how to record one's history in the context of socio-political change. For younger audiences (who he calls his "intergenerational peers"), Thumbs Up is a platform for Wachsberger to share lessons with future organizers based on his experiences from the Vietnam War antiwar movement through the 21st-century sanctuary movement, and present-day challenges balancing digitization efforts and information ownership. I sat down recently to talk to Wachsberger about his journey.

Petula Brown: What/Who motivated you to make writing your chosen profession?

Ken Wachsberger: Writing chose me. As a kid, I wrote poems for friends and earned a reputation for having a way with words. With such prowess, I was expected to be a lawyer. But dropping out of Michigan State after the Kent State murders led me to join the Underground Press and hitchhike around the country organizing against the Vietnam War. Over seven years, I also kept a journal that evolved into Beercans, an exploration of my identity as a writer.

Petula Brown: Describe your evolution to become a writing coach.

Ken Wachsberger: It started gradually, then suddenly. I've always been an editor and educator, but the critical success of Voices from the Underground: Insider Histories of the Vietnam Era Underground Press gave me an international reputation. Teaching my students at Eastern Michigan to do research using the I-Search paper, I realized my gift was the ability to help others transform their lives through writing. After I lost my last day job at age 69, I decided to go all in as "Ken the Book Coach."

PB: How has the writing business changed since you began your career?

KW: Freelance journalism is tougher because fewer magazines pay well. Internet writing provides many opportunities, but the pay (pennies to the word) is a crime. But technology has made the process of writing easier. It has also supported the growth of independent publishing, so authors don't need to sign over their book rights to get published.

PB: Which of your publications are you most proud of and why?

KW: Good question. Most books were written to deal with issues in my life beginning with Beercans. Transforming Lives introduced my approach to students about how to transform their lives through writing and researching. With Voices, the goal was to preserve the legacy of the Vietnam-era antiwar press and it had the greatest impact on my life. But like a parent with children, I love them all equally.

PB: What inspired you to write your latest publication?

KW: I wanted to finish it before our move to California. Many of my stories, including important historical events from all eras of my life, occurred in the Midwest.

PB: Who are you writing for?

KW: It always has depended on the book. With Thumbs Up, I am encouraging my peers to share their stories from what was a unique era, so they are not lost to unrecorded history. For my younger, "intergenerational peers," I hope they can draw lessons to apply today in these difficult times.

PB: How would you describe your writing style to someone not familiar with your work?

KW: I write fiction and nonfiction. I'm an excellent, detailed storyteller. I can be humorous, but also uncompromising in my convictions. I believe in the power of writing to transform lives; the subjects I choose to write about reflect that belief. I go with the flow and embrace the chaos, knowing that even the best freewrites are still first drafts.

PB: Complete the following sentence: New writers should know…?

KW: That writing is not a linear process. The first paragraph you write does not have to be the first paragraph your readers read. Digital technology has given us the gift of next-level freewriting (that's illustrated in chapter 5 of You've Got the Time: How to Write and Publish That Book in You).

PB: What's the next step of your writing journey?

KW: In California, I will probably reinvent myself. I'll continue to coach on Zoom and at Panera as well as edit. I would like to see one of my books turned into a movie. Beyond writing, I'll return to genealogical work and hopefully make my first visit to Eastern Europe, home of my ancestors.

Ken Wachsberger's Ann Arbor book launch party for Thumbs Up will be Monday, July 14 at 7:00 p.m. at Third Mind Books.For more information on Wachsberger and his books, visit his website at kenthebookcoach.com.

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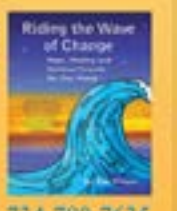

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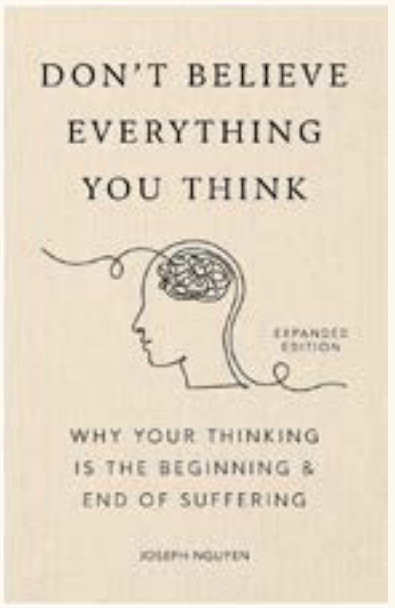
CW Book Picks *of the month*



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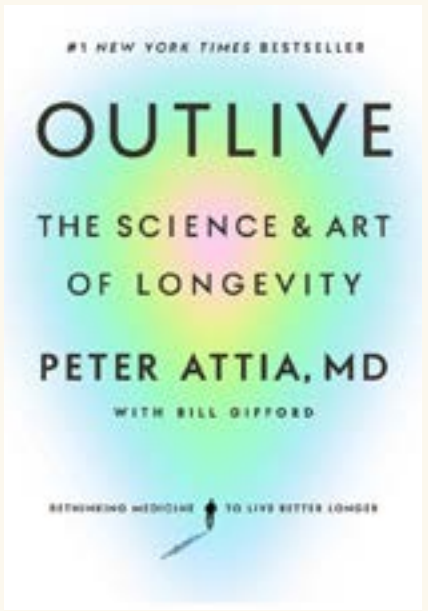

Wouldn't you like to live longer? And better? In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health.

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This is not "biohacking," it's science: a well-founded strategic and tactical approach to extending lifespan while also improving our physical, cognitive, and emotional health. Dr. Attia's aim is less to tell you what to do and more to help you learn how to think about long-term health, in order to create the best plan for you as an individual.

Aging and longevity are far more malleable than we think; our fate is not set in stone. With the right roadmap, you can plot a different path for your life, one that lets you outlive your genes to make each decade better than the one before.

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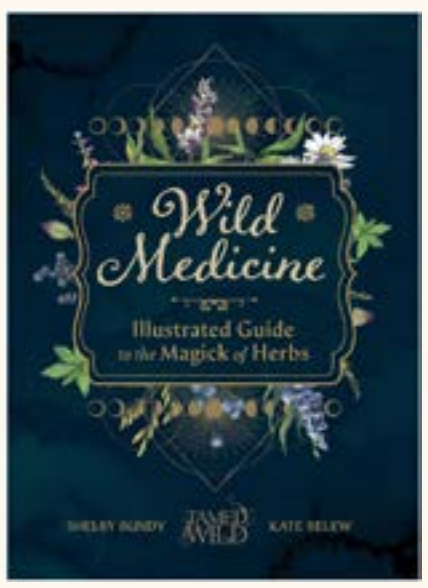

A gorgeously illustrated herbal from the witchy experts at Tamed Wild, this handy guidebook introduces readers to the most common and powerful healing herbs and the wisdom gained over centuries of use. Ideal for green witches and budding herbalists!

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Beautifully produced, this charming and informative guide is a must for everyone interested in the healing and magickal properties of herbs.

Purchase your copy of Wild Medicine at shopcrazywisdom.com

What's New in the Community spotlight!

By Lynda Gronlund

This spring through early winter, artist and teacher Rocky Shadowbear Rains will lead Earth Church: outdoor workshop excursions in which participants learn to recognize liminal places in nature and work with land spirits.

These workshops will take place in metro parks, state parks, and national parks, inviting city dwellers to get outside, experience nature, and commune respectfully with nature spirits. One of the Earth Church events will be a "field trip" to the Serpent Mound in Ohio, a sacred earthwork resembling a huge snake made by the Adena or Fort Ancient culture of Native Americans at least 900 years ago. Rains said he wants to remind people that there are sacred spots close by, to teach them to approach them properly, and touch the power in those spots. He said that Earth Church is important to him because of the times we live in. "We need to reconnect with the living planet," he said. "If we don't take care of her, we are dooming ourselves." He wants to make people more aware of the responsibility we have to this place, because right now there is no Planet B. "People say it's too late," he said. "I don't think so, but we need to wake up." Earth Church for May is scheduled for May 18 at Lower Huron Metropark at 11:00 a.m. More dates and locations are to be determined.

He will also facilitate a workshop called Art as a Spiritual Practice in which participants examine various spiritual traditions and create projects inspired by them. He had the idea at a paint and pour event he was invited to by a friend—to gather and make art or crafts together with others, but to put a spiritual aspect into it. He has taught classes on shamanism and druidism where participants create crafts like medicine bundles or crane bags from Celtic shamanism. These are both collections of power objects—mementos of powerful times in one's life or things they may have found on a vision quest or walkabout. He teaches about putting these bags together and choosing objects to put in them. He has also helped people create maps and collages of otherworld travels, feather wands, corn husk dolls, and other crafts. Workshops are scheduled for June 22, June 29, August 25, September 14, and October 12. Times and locations are to be determined.

More details will be announced on Rocky Rains' Facebook page at facebook.com/rocky.rains.9. Rocky Rains can be reached via email at rainsrocky4@gmail.com.

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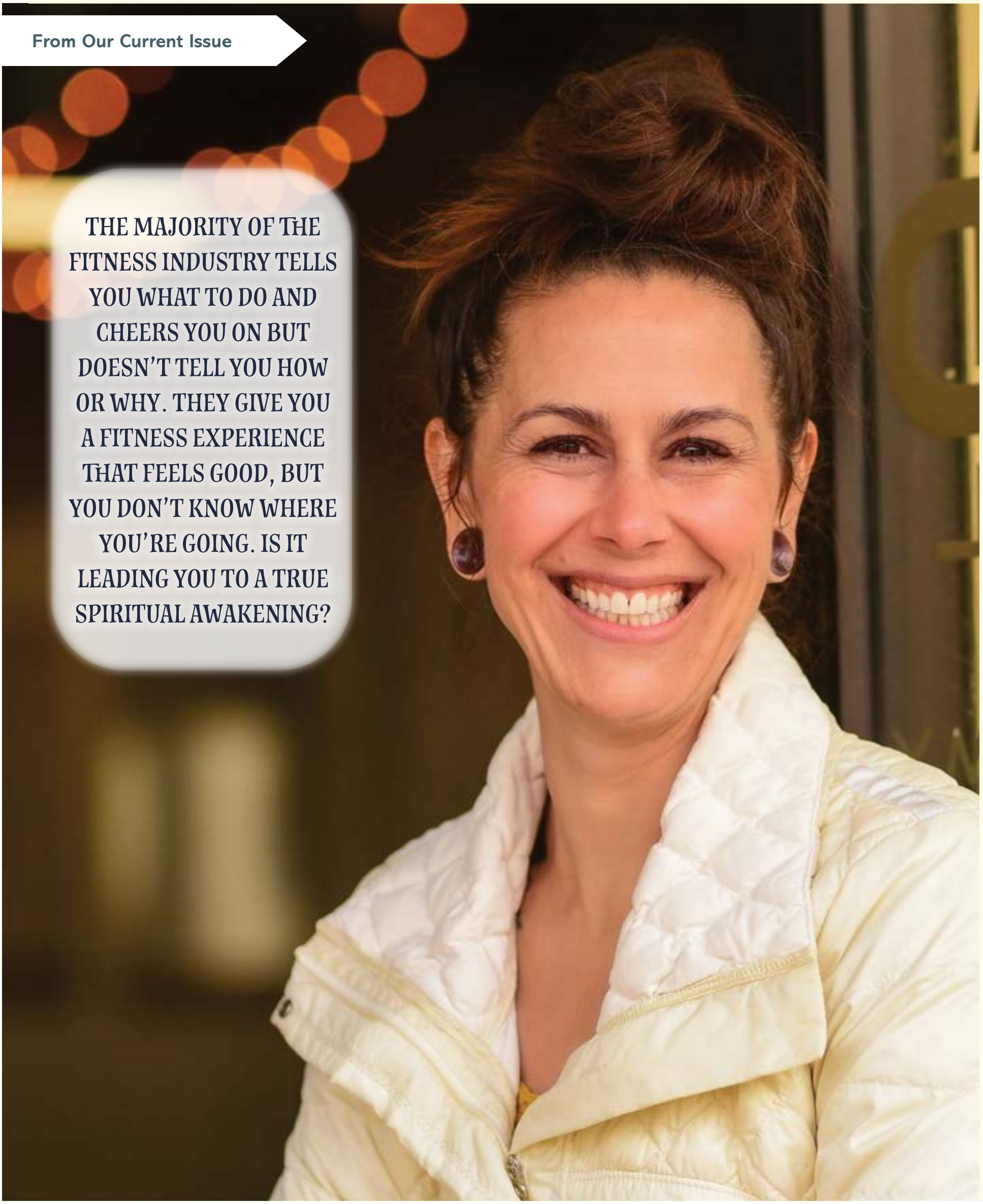
From Our Current Issue


THE MAJORITY OF THE FITNESS INDUSTRY TELLS YOU WHAT TO DO AND CHEERS YOU ON BUT DOESN'T TELL YOU HOW OR WHY. THEY GIVE YOU A FITNESS EXPERIENCE THAT FEELS GOOD, BUT YOU DON'T KNOW WHERE YOU'RE GOING. IS IT LEADING YOU TO A TRUE SPIRITUAL AWAKENING?

Interview by Kaili Brooks • Photo by Hilary Nichols

As an accomplished athlete, real-food advocate, and wellness guru, Hoffman seeks to serve the whole person with her unique fitness philosophy.

Kaili Brooks: How did you enter into the fitness world? Were you always interested in fitness?

Lauren Hoffman: I've always been interested in everything. I knew from a young age that moving my body was a tool that is very effective at managing my feelings and helping me think. I've always been an athlete, starting with climbing trees and being outside. That [interest] turned into organized sports like lacrosse and snowboarding. Everything I did was at the extreme. I had to race; I had to win. I was obsessed with how to optimize peak performance in everything I did—but I was never taught the other pieces of the puzzle. I was never given good information about nutrition or how to move. No one taught me how the body works, I was just told how to win. After I had my oldest daughter, I wanted to perform the way I used to, but the exercises I was given by the gym trainer didn't feel right. I was running and running and running, but nothing was changing. Because of this, I realized something was wrong with the system, something wasn't true. It felt like there were all these pieces and I couldn't figure out how to put them together in a single system. It was around this time I found the Chek Institute and bought his Holistic Lifestyle Coach Level One, and things were connected and related as a single path forward. Everything is everything; it's all the same from different perspectives. Focusing on strength taught me a new way to focus on my goals. Rather than having a single system that everyone fits into, I had to create an organization that fits into each client.

Kaili Brooks: So that realization is when you started Forged Barbell?

Lauren Hoffman: I was a CrossFit coach for 20 years, and I was the technique and form person. I would watch a client walk in and see exactly what they needed, but I would have to give them what was on the board. I wouldn't do that, but I would get into trouble because I wasn't following protocol. This just kept happening. I started calling what I was doing Forged Barbell but was renting space in someone else's gym. I was only training individuals, but I realized a fitness revolution couldn't occur in a vacuum: we needed to be a team; we needed to have a bigger impact. When I left that space, it was sink or swim. I could go back to my garage, or rent another space and run into more ideological headbutting, or I could find space that was mine and a team that believes what I believe in. I had no money, just a dream of a space and the pieces just fell together. All of a sudden, I had a space and had to design a gym. It truly takes a village to make this all work. That was July of 2018, and by October we had memberships. The universe only says yes.

Kaili Brooks: What is the basis of your personal training philosophy?

Lauren Hoffman: I like doing what works. I have no boundaries, judgements, or restrictions. What works for one person with their goal is not going to work for another person with the same goal. If we look at it in terms of gap analysis, where are you now? Where do you want to go? What do you need to get there? What's stopping you from getting there? Each person is a new challenge. Once we meet one goal, it's dream time! What's the next goal? We're going to celebrate the win, rest, and reset. It all has to be integrated. If you're not well fed, you can't think or plan clearly and you'll feel overwhelmed. There are all these fitness paradigms from yoga to strongman, how do they all fit together? The art form is knowing when to pull from where to give someone the next step.

Kaili Brooks: What sets Forged Barbell apart?

Lauren Hoffman: Our system is built around each individual member and their unique goals. We have a gym fitness program, but which pieces each member is prescribed is individualized based on their current status, their goals, and what they enjoy. What kind of strength do you want or need? We work with each member to ensure their fitness work is getting them what they want both in group settings and one-on-one. Obtaining holistic strength must start with a holistic approach. Lifting weights alone will never address the barriers to health. The gym's program is balanced, but many people have imbalances resulting in low back pain, bunions, etc. These people benefit more from an unbalanced program! We give them full orthopedic assessments to determine the root cause and respond using exercise and lifestyle to relieve these symptoms.

Read the full interview online!

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a free guide to local classes, workshops, and events

May through August 2025

The Crazy Wisdom Calendar

Calendar edited by Kaili Brooks

Art and Craft

Fiber Arts with Dzanc House • Thursday, July 10 & 24th; August 7 & 21 • 6 to 9:00 p.m. • Do you work in fiber arts? Want to meet with other artists who also crochet, knit, embroider, etc? Come on out to hang at Dzanc House and be in community as you engage in your work. We are a safe and inclusive space. FREE. For more information email Dzanc House at gallery@dzancbooks.org..

Figure Drawing with Dzanc House • July 2 & 30; August 13 & 27 • 6:30 to 9:00 p.m. • Practice drawing from life at Dzanc House. All skills are welcome! We recommend you bring your preferred drawing utensils and a sketchbook/large drawing pad. Model and light refreshments included. $10. For more information email Dzanc House at gallery@dzancbooks.org.

Collage & Chill with Dzanc House • Tuesday, July 8 & 22; August 5 & 19 • 6 to 8:00 p.m. • No theme. No agenda. Just collaging. Supplies are provided, but feel free to bring your own as well! Suggested donation of $5. For more information email Dzanc House at gallery@dzancbooks.org.

"Up a Tree" & "Avidity:" Gallery Exhibition with Riyin Tocco & Ken Pendergrass • Friday, July 4 • 6 to 9:00 p.m. • "Up a Tree" will focus on the nuances of nature. All photographs were taken from climbed trees to maintain a balance of youthful creativity. There will also be a call for poetry to accompany the imagery. "Avidity" will showcase small sculptures inspired by Northwest Coast art, displaying the integrity, beauty, and craftsmanship of the art form. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

"Rites of Passage of Time:" Gallery Exhibition with Ginger Chase • Friday, August 1 • 6 to 9:00 p.m. • Tree ring growth. Ice formations. Interference patters in water. "Rites of Passage of Time" documents this phenomena with a specific purpose in mind: to highlight the resilience that exists in nature (and us) through multiple visual remnants of natural responses to trauma and change. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Book Events

Silent Sustained Reading with Dzanc House • Saturday, July 12; August 9 • 1 to 2:30 p.m. • A coveted time to simply focus on reading! Bring your favorite book, snack, or drink, and we will have space to spread out and enjoy reading in the company of others who also love to read. All peoples and ages are welcome. For more information email Dzanc House at gallery@dzancbooks.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, July 6, 13, & 20; August 3, 10, 17, 24, & 31 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Never-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Tuesday, July 1, 8 & August 15 • 7 to 8:30 p.m. • In the Tibetan language, "Lam Rim" means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members; $100 for non-members. Give what you can, no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Wednesday, July 2, 9, 16, & 30. • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded and are available online only. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. FREE, donations welcome. For more information contact Jewel Heart

Breathwork

Guided Group Breathwork with Jackie Miller • July 6; August 3 & 17 • 6 to 7:30 p.m. • A group session of gentle, energizing, connected breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Ceremonies, Celebrations, and Rituals

Women's Goddess Circle with Chandra • Ongoing 3rd Wednesdays • 6:30 to 8:30 p.m. • A monthly meet up for Maven, Late Millennial, Gen X, and older women. Everyone is welcome but topics will center around these ages & stages. Topics center around: book suggestions, goddess study, cycles of life, seasonal crafting, intention setting activities, anti-fascist banter, connection, and more. FREE. For more information contact events@crazywisdom.net.

Children and Young Adults

May & June Littles Clubs with Leslie Science & Nature Center • Ongoing Wednesdays or Fridays • Explore the outdoors with the Little Naturalists Club for the months of May and June! Join our Littles Clubs (two and three-year-olds) community while we explore themes of Beautiful Bugs, Camp-Out, and Blowing Bubbles. All six weeks occur at the Leslie Science and Nature Center rain or shine. The program costs $250 and includes admission to the Ann Arbor Hands-On Museum each program day as well as snacks at every session. Enroll your child today and watch them become budding scientists and explorers of the natural world. For more information visit discoverscienceandnature.org.

Critter House Open Hours with the Leslie Science & Nature Center • Ongoing Weekends • Noon to 3:00 p.m. •Observe frogs, turtles, snakes, and more as they hop, crawl, and slither in their habitats! Our Critter House is the home to many species native to the region. It's a great way to get up close and personal with some adorable and unusual animals, all while developing an appreciation for the incredible diversity of the natural world. FREE, $5 suggested donation. For more information visit discoverscienceandnature.org.

Fireside Fun with the Leslie Science & Nature Center • Friday, July 18; August 29 • 6:30 to 8:30 p.m. • There's nothing quite as relaxing as sitting around a campfire and swapping stories! We'll provide a blazing outdoor campfire and roasting utensils—you provide the rest! Bring your family, friends, camp chairs, outdoor games, and anything else you need to create the perfect Michigan memory. Outdoor fires are held rain or shine (except for thunder and lightning), so come dressed for the weather. No registration required. FREE.

New Moon Night Hike with the Leslie Science & Nature Center • Friday, July 25; August 22 • 8 to 9:30 p.m. • Enjoy a night hike under the stars to celebrate the alignment of the moon and the sun. We will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit nocturnal animals to learn about how they survive. After the hike, we'll hear stories and poems inspired by the moon and enjoy a campfire. Pre-registration required. $5 per person, 2 and under free. For more information visit discovercienceandnature.org.

Critters Up Close with the Ann Arbor Hands-On Museum • Saturday, JJuly 26; August 30 • Noon to 3:00 p.m. • Critters Up Close is back! This monthly series features live animals visiting from our Leslie Science & Nature Center site. On the last Saturday of each month, stop by the Ann Arbor Hands-On Museum from 12-3 p.m. to meet different animals up-close and enjoy a hands-on activity. Themes and animals change every month! FREE with paid museum admission. For more information visit discoverscienceandnature.org.

Buddhist Peace Camp with Zen Temple Priests and Dharma Teachers • Friday, July 25 through Friday, August 1 • Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective. Activities emphasize fun, mindfulness, cooperation and appreciation for animals and plants while seeking to balance structure and spontaneity. Per camper fee. Please inquire. For more information contact the Zen Temple at (734) 761-6520or email annarborzentemple@gmail.com.

Death and Dying

Ann Arbor Virtual Death Café with Rachel Briggs • Saturday, July 5; August 2 • 11:00 a.m. to 12:30 p.m. • Conversation on Zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, and snacks available. Open to all adults. Accessible, confidential. Please note, this is not a grief support group. FREE. For more information visit DeathCafe.com.

Death Café with Rev. Annie Kopko • Tuesday, July 1 • 6:30 to 8:00 p.m. • A group-directed discussion of death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, but donations are gratefully received. For more information visit interfaithspirit.org.

Ann Arbor Death Café with Merilynne Rush • Saturday, July 19; August 16 • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, snack available. Open to all adults. Accessible, confidential. Please note, this is not a grief support group. FREE. For more information visit DeathCafe.com.

End-of-life Doula Training with Merilynne Rush • Wednesday, July 16, 23, & 30; August 6, 13, & 20 • 4 to 7:30 p.m. • Learn from an experienced doula and hospice nurse and a diverse team of facilitators. 100-page study guide includes resources on how to set up a business. No prior experience necessary. We emphasize practical aspects of caregiving, addressing the whole person and their "family," and culturally and LGBTQ-sensitive care. $725; scholarships and payment plans available. For more information contact Merylinne at (734) 395-9660, email thedyingyear@gmail.com, or visit TheDyingYear.org.

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The Crazy Wisdom Calendar

Drumming

14th Annual Drum and Dance Jam with Curtis Glatter • August 3 • 7:30 to 9:00 p.m. • Drumming improves musicality, hand/eye coordination, and cognition; relieves stress, and enhances spiritual joy in all ages! No experience is necessary. Bring a drum, or use one provided by the event. $5. For more information visit interfaithspirit.org.

Drummunity with Lori Fithian • Saturday, July 19; August 16 • 7 to 8:30 p.m. • Join us for drumming, singing, and maybe dancing. All ages welcome. This is a family friendly event with focus on fun, rhythm games, and community-building activities. No experience expected! Drums provided or bring your own. FREE, $5 suggested donation. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Energy and Healing

Chi Kung (Qigong) with Master Wasentha Young • Ongoing Tuesdays from 6 to 7:00 p.m. AND/OR Thursdays from 10 to 11:00 a.m. • The Wild Goose Qigong Form—continuous movement using imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Come Tuesdays (hybrid) and/or Thursdays (in-person) same price. $215 for the semester. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Brain Doodle Tune Ups for Groups Online with Debra Metler • Saturday, July 12,19, & 26; August 2, 9,16, & 23 • 11 a.m. to Noon • Brain Doodle Tune Ups utilize the healing power of doodling to reduce stress, improve cognitive abilities, increase creativity, and more. Your group of friends or relatives will enjoy doodling activities during a one hour, refreshing, online workshop with Debra Metler MSW, CHC. Minimum of 3 people/group workshop. $15 for each group member or workshop. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

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Debbie's Doodle Parties for Groups Online with Debra Metler • Wednesday, July 9,16, 23, & 30; August 5,12,19, & 26 • 8 to 9:00 p.m. • Debbie's Doodle Parties for Groups Online by Debra Metler MSW, CHC are a lot of fun and can help you keep your brain healthy at the same time. Each online Doodle Party is 1 hour long and full of interactive doodling activities, and more. Invite friends, etc. to party with you (minimum of 3 total). $15 for each group member/Doodle Party. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Gentle Qigong with Rory Walsh • Saturday, July 12 & 19; August 9, 16, & 23 • 11 to 11:45 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you to center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. Free on May 10! From May 31, $15 Drop-in, $95 for full term of seven classes. For more information contact Rory at info@momentuscoaching.com or visit momentuscoaching.com.

Festivals and Fairs

Enlightened Soul 2-Day Holistic Psychic Fair with Amy Garber and the Enlightened Soul Center • The Weekends of July 12 & 13, 26 & 27; August 9 & 10, 23 & 24 • Saturday from Noon to 6:00pm, Sunday from Noon to 5:00 p.m.• We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! What a great way to explore a variety of readings and healings at one time, under one roof. Plus, energy healers, shopping, FREE snacks & parking. You choose the session length. Readers: $2/minute, 15-minute minimum. Entrance fee, Saturday $5, Sunday $3. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Lavender Harvest Festival with Joe Pusta • Saturday, July 12 from 8:00 a.m. to 4:00 p.m. & Sunday, July 13 from Noon to 4:00 p.m. • Lavender festival featuring U-PICK lavender, 50+ artisans, food trucks, live music, lavender lemonade, 100+ lavender products made on our farm. $10. For more information contact Joe at Joe (734)239-2213, email lavenderlanemi.com, or visit joe@lavenderlanemi.com.

Japanese Bon Festival at Cranbrook #MIBON2025 with Great Lakes Taiko Center • Sunday, August 10 • 1 to 5:30 p.m. • A Michigan community celebration of the Japanese Bon Festival featuring Bon Odori folk dancing and demonstrations, Japanese Taiko drumming and music, and cultural booths for all to enjoy at the historic grounds of the Cranbrook Japanese Garden in Bloomfield Hills, MI. FREE. For more information contact Great Lakes Taiko Center at (248) 773-8899, email gltc@greatlakestaiko.org, or visit michigantaiko.net.

Film

Free Film & Discussion with Jewel Heart Instructors • Friday, July 11, & August 8 • 7 to 9:15 p.m. • FREE, concessions available. Film schedule is as follows:

- July: Perfect Days. Hirayama cleans toilets, but he notices and appreciates small wonders -- the sun, sunlight, and children laughing.
- August: Hidden Figures. Three African American mathematicians help an astronaut launch into orbit while dealing with discrimination.

For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Herbal Medicine

Herbal Medicine Series with Mary Light • Saturday, July 19 through December • 9:30 a.m. to 4:30 p.m. • Hands on experiential teachings of herbs, herbal medicine, body systems, apothecary skills, and more. $1,500. For more information contact Mary Light at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Holistic Health

Steiner Health Life Force Intensive Health Retreat with Dr. Molly McMullen-Laird, MD and Dr. Quentin McMullen, MD • Monday, July 21 at 1 :00 p.m. through Saturday, August 2 at 11:00 a.m. • The Steiner Health Life Force Intensive Retreat is a two-week session designed for people with a variety of ailments, chronic illnesses or anyone seeking a restorative regimen. The cost is $5300-$7200. For more information contact Mara Gibson, (734)222-1491, steinerhealth@orders.org, https://steinerhealth.org/retreat-center/retreats.

Steiner Health Summer Internship Program with Dr. Molly McMullen-Laird, MD and Dr. Quentin McMullen, MD • Tuesday, August 5, trough Sunday, August 10 • The Steiner Health Summer Internship Program is designed for students aged 18-30 who are invested in learning about anthroposophical medicine, nursing care, therapies, nutrition, lifestyle, biodynamic agriculture, and community building. Interns will work at a variety of settings serving low-income patients, putting what they have learned into practice, according to their interests and abilities. We will be joining existing service organizations in southeast Michigan. $75 application fee, program is free. For more information contact the Steiner Health Center at (734) 663-4365, email rshc@steinerhealth.org, or visit steinerhealth.org/retreat-center/internship-program/.

Intuitive and Psychic Development

Psychic Psychology Women's Group: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, July 1; August 5 • 7 to 8:00 p.m. • For Women Only: Meditation concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.com.

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, July 6; August 3 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing, as well as a new level of mental clarity and spiritual openness. $15, see website for payment information. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.com.

Summer Intensive: Webinar & Teleconference with John Friedlander • Thursday, July 17 & Friday, July 18 from 7 to 9:00 p.m., Saturday, July 19 & Sunday, July 20, from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission or instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsycholcogy.org.

Meditation

Community Sound Bath with Rob-Meyer Kukan • Friday, July 11 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort (pillows, bolster, eye pillow, etc). $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness Meditation with Esther Kennedy • Saturday, August 2 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. $35.00, Lunch included. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Meditation on Compassion with Khenpo Tshering Chophel • Ongoing Saturdays • 10:30 to 11:30 a.m. • Meditation on compassion opens our hearts to genuinely care for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, July 7, 14, & 28; August 4, 11, 18, & 25 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, July 6, 13, & 20; August 3, 10, 17, 24, & 31 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome

Resources for Conscious Living

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THE WORK AND PLAY DISABILITY COMMUNITY CENTER

By Misty from Work and Play Disability Community Center

Hi friends,
This is an important message and I hope you'll take a moment to read it. We've been doing a lot of thinking lately about the future of the Work and Play Disability Community Center. The truth is, we are seriously debating whether we can keep our brick-and-mortar space open.

We are proud of what we've built together. The center has become a home for programs, support, and community for so many individuals, families, and other nonprofits serving our community. We've served over 4000 individuals since opening under the name Work and Play SNRC in 2023. But behind the scenes, we are spending more time begging for funding than running the programs that matter. That's not sustainable. It's pulling our energy away from where it should be ... on the people we serve.

We are not grant-funded. We do not have foundation money backing us. Everything we do comes from the community. That's always been our model. And it has worked — to a point. But now we're at a turning point, and we need to be honest about it.

If you've ever thought about volunteering, donating, or becoming a monthly supporter, we're asking you to do it now. Not next month. Not next year. Right now.

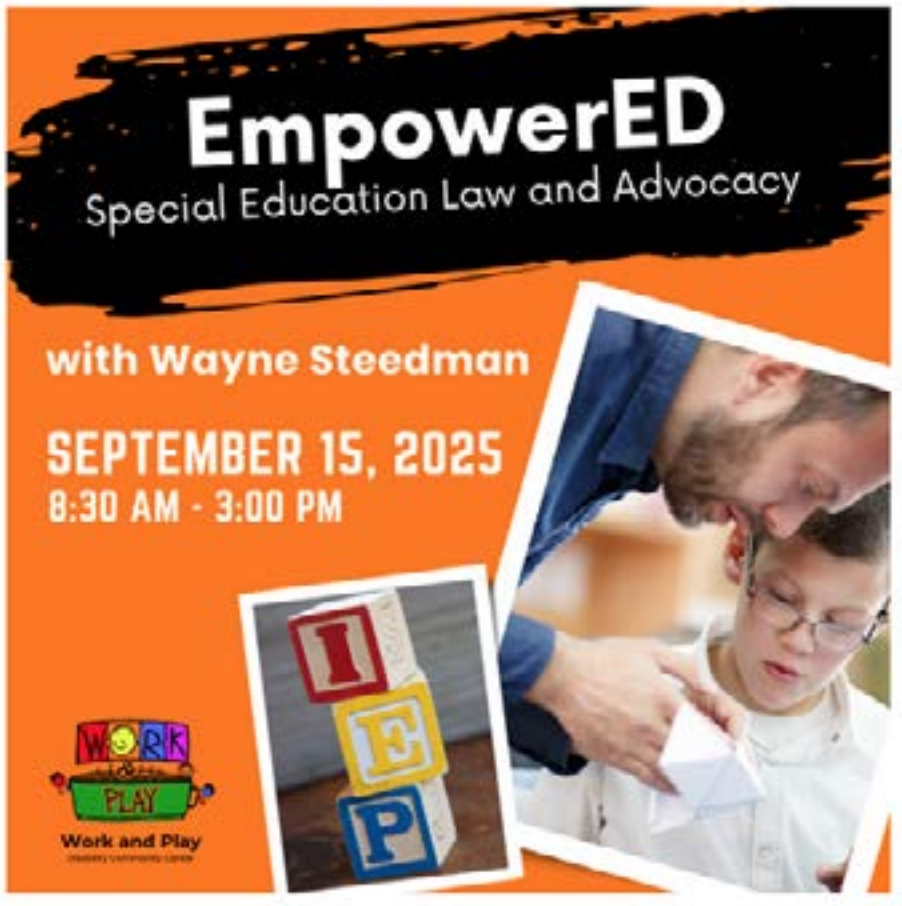
We have amazing programs happening this summer and fall. We want to keep offering art, dance, cooking, education, and social opportunities for all ages and abilities. We want to keep building connection, joy, and inclusion. But we need the community to show up for us the same way we've been showing up for the community.

If you can help, here's how:

Volunteer: https://www.workandplaycenter.org/work-and-play-center-volunteer
Become a Gold Member: https://www.workandplaycenter.org/gold-disability-membership-plans
Become a Community Supporter: https://www.workandplaycenter.org/community-supporter

We don't want to shut the doors. But we also can't keep pouring from an empty cup. If this work matters to you — if this community matters — now is the time to act. Please consider stepping in, sharing this message, and sending it to your people: business owners, friends, anyone who believes in inclusion. We need your help. Choose to stand with the most underserved community. Choose to make this a priority.

Check out these events coming up soon!



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Windows

By Katherine Munter

The front window of my childhood home was framed by my grandfather. I run my fingers down the warm wood holding it in place and remember his hands as we crafted birdhouses together. I recall the way he supported the small structure as he nailed it in place, on a tree nearest the window so we could watch the birds.

Through the glass pane, I view what remains of the gardens my grandmother planted. I can almost still see her bent over, fingers in the earth, nurturing growth. I used to think her gardens were magical, the blooms stretching toward the clouds.

As I child, I lived with my parents and grandparents. Four generations of my family have now looked out those windows.

When an ice storm felled the old hickory tree nearest the window, I rushed to my parents' house and found the birdhouse crushed under the weight of the tree. I ran my hand over the rough bark and gently lifted the front piece of the house. Tracing the circular entryway with my finger, I imagined the generations of nestlings that got their first look at the world through that little window, the little platform from which they took their flight. I realized I wasn't ready to let go. Rather, I gathered what fragments I could so that I could repair it with my daughters.

Last month, I looked out that window and listened as my father spoke on the phone with his oncologist. "I'm sorry, there's nothing more we can do," she gently told him. A shadow passed in front of the glass, up and then back down. My eyes scanned, and I spotted a flutter in the bushes. A cardinal sat just outside the window, fluffing its feathers and quietly looking in. We sat watching one another for a time, and its presence soothed me.

We had a hospital bed delivered, and I helped to assemble it so that Dad could look out the window. Getting him out of his chair and into the bed took all my strength. His knees started to buckle even with me supporting much of his weight, and I summoned more energy to guide him. As his weight shifted to the mattress, I felt a weight lift, of greater substance than a body. It was the weight of relief— fulfilling a promise that was never asked of me, never uttered from my lips, but spoken with my heart.

The morning after my father passed, I stepped outside as the sun rose. Heavy raindrops washed the tears from my face. My gaze drifted to my feet, and I spotted a cardinal flight feather in the grass. I brought the feather inside and placed it near some wood figurines that once belonged to my grandparents.

The feather felt like a gift. I considered how my father expressed his love in gifts rather than words, and it sparked thoughts about what we leave behind.

My father wrote his own obituary, a list of accomplishments and recognition. So often we measure our worth by what we achieve, our thoughts continually reaching toward the next step. But what of the quieter moments that might pass unnoticed? The way we walk as we move through our days, the way we embody our values in the everyday choices we make.

How do people feel when they're around us? When we see struggle, do we jump in to assist? Do we laugh without holding back? Can we allow space for joy, right now, in this moment? It's always there if only we look.

What gifts can you offer today, for others and yourself?

Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. www.CreativeLifeTherapy.com.

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Lou Weir, Diamond Approach Teacher
diamondworkmichigan@gmail.com
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THE DIAMOND APPROACH

The Crazy Wisdom Calendar

physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Day of Meditation with Carol Blotter • Saturday, August 23 • 9:00 a.m. to 4:00 p.m. • Experience some peace and calm in a wooded setting with silent sitting and walking in a meditative manner. Meditation instruction available. Suggested Donation of $30-60; pay what you can. Event held at the Michigan Friends Center, 1125 Long Lake Road, Chelsea. For more information email manager@mfcenter.org.

Music, Sound, and Voice

Live Music Fridays with Stuart Benbow • Ongoing Fridays • 7:30 to 9:30 p.m. • Live Music in the Celestial Lounge at Crazy Wisdom Bookstore hosted by Stuart Benbow. New acts every week! Everyone welcome, donations requested. For more information email events@crazywisdom.net.

Sound Bath Meditation with Michelle Camilleri • Thursday, July 3; August 7 • 6:30 to 7:30 p.m. • Immerse yourself in sound bath therapy with 432hz crystal singing bowls and other sound tools at Up Stairs at Crazy Wisdom. Will promote deep relaxation while fostering a sense of well-being. Bring a yoga mat, blanket, pillow, and eye mask. $30. For more information follow @soleful77 on Instagram, text (917) 842-2409, email michelle.camilleri26@gmail.com

Open Mic with Dzanc House • Thursday, July 17; August 14 • 6 to 8:00 p.m. • Share your poetry, short stories, or songs at Dzanc House! Open Mic is a monthly time of sharing and caring for one another in a meaningful way. FREE. For more information email Dzanc house at gallery@dzancbooks.org.

Singing for Comfort with Layla Ananda • Friday, July 10; August 14 • 7 to 8:15 p.m. • We sing short, easy-to-learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually around a dozen people), or simply listen. No experience necessary. FREE, but donations are gratefully received. For more

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Cafe 704 with Interfaith Center for Spiritual Growth • Saturday, July 12; August 9 • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person and on Zoom. Schedule is as follows: Julie Beutel (May 10), Mary & Eric Fithian (June 14), Relics of the Future Past (July 12), Ken Kazora Quartet (August 9) $10. For more information contact the Interfaith Center for Spiritual Growth at interfaithspirit.org.

Release & Renew: A Sound Bath Experience with Martina Smith • Sunday, July 13 & 27; Aug 10 & 24 • 6:30 to 7:30 p.m. • Unwind and discover inner peace through the transformative power of sound. Immerse yourself in the soothing sounds of crystal bowls, gongs, binaural beats, curated frequencies, and more. These harmonious vibrations will promote deep relaxation and restoration, guiding you toward balance and inner harmony. In-person or on Zoom. $20 on Zoom, $30 advance discount, $40 at the door. For more information contact Martina at (313)406-7928 or email info@wellnessandsound.com.

Flower Sound Bath with Rob Meyer-Kukan • Friday, August 1 • 7 to 8:30 p.m. • Celebrate the beauty of flowers with this flower themed sound bath! Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. This collaboration is done with Ypsilanti's We Adore Flowers. $45. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Intro to Sound Therapy Workshop with Rob Meyer-Kukan • Saturday, August 23 • 10 a.m. to 4:00 p.m. • In this workshop we will explore how healing with sound works. Participants will learn the basics of sound, the history of sound therapy, the tools used in sound therapy (specifically Himalayan singing bowls, crystal bowls, and gongs), and the applications for group and individual use of sound therapy. $325. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Nutrition and Food Medicine

Nutrition Evangelism with Valerie Thomas • Thursday, July 10 & 24; August 7 & 21 • 7:30 to 8:30 p.m. • Explain the role of specific nutrients that enter the body when a given food is consumed on health and healing. Single person $10; Couple $17; Triple $40. For more information contact Valarie at (734) 351-8892 or email ChE4theEarth@gmail.com.

Peace

Peace Generator with Craig Harvey • Friday, July 18; August 16 • 7 to 9:00 p.m. • Join our silent circle as we meditate on and pray for healing, miracles, and peace within ourselves and across the globe. Drop in at any time during this event. Donations gratefully received. For more information contact Craig at peacegenerator2001@gmail.com.

Personal Growth

Pearls of Wisdom with Master Wasentha Young • Monday, July 7, August 4 • 6 to 7:30 p.m. • Hosted by the Peaceful Dragon School, the first Monday of the month starting in May. We will start each session with Peaceful Dragon Rising Stretches respectively followed by a focus presentation in the following topics: Center, Cleanse, Revitalize. Master Wasentha Young; This Energy Body - Acupuncturist Abby Humphrey; Shadow Work for Liberation - Priestess Mara Evenstar; and Community Activism in 2025 - Anna Gersh. Donation driven - suggested $10. Location: 1945 Pauline Blvd., Suite B, Ann Arbor, MI 48103. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Lunch & Learn: The Amazing Outreach of Goodwill with Rebecca Melina • Wednesday, July 16 • 12:15 to 1:00 p.m. • Do you think Goodwill is just clothing? Think again! Rebecca Melina, from Goodwill, will amaze you by all the good things that Goodwill does! $10 lunch included; Free if you bring your own lunch. Please register 2 days in advance. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

A Practical Guide to Healthy Aging with Marianne Fahlman and Esther Kennedy • Tuesday, August 12 • 9:00 a.m. to 2:00 p.m. • Join Marianne Fahlman, OP and Esther Kennedy, OP as they share their learning on taking care of our bodies and our spirits. The day will include staying physically healthy, lessons on nutrition, and ways to reduce stress and increase mindfulness. Weather it's for yourself or for someone you're caring for, you will be glad you came. $35 includes lunch; scholarships available. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Lunch & Learn: There's Nothing Like a Good Massage! With Savvy Boyd & Kendra Crombez • Wednesday, August 13 • 12:15 to 1:00 p.m. • Massage Therapists will describe different massage therapies and their many benefits. $10 lunch included; Free if you bring your own lunch. Please register 2 days in advance. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Reiki

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, July 12 from 10:00 a.m. to 5:00 p.m. & Sunday, July 13 from 10:00 a.m. to 1:00 p.m. Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy (734) 476-7958 or email suzyreiki@aol.com.

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, August 2 from 10:00 a.m. to 4:30 p.m. & Sunday, August 3 from 10:00 a.m. to 1:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) $500. For more information contact Suzy (734) 476-7958 or email suzyreiki@aol.com.

Reiki Certification Training with Ashley Crawford and Paula Burke • Sunday, August 24 • 9:00 a.m. to 6:00 p.m. • Reiki Level 1 students are led through a step-by-step discovery of the practice, beginning with the concept that we are all capable of moving toward a state of balance and wellness. Reiki Level 2 training continues our learning tradition of lecture, discussions, self-treatment and clinical practice with classmates and the community. Level 1 $177; Level 2 $177; Both for $333. For more information contact Ashley (734) 444-8386 or email ashley.keymassage@gmail.com.

Retreats

The Nature Pilgrimage with Rooted Goddesses and Nature Spirits with Mary B Seger NP PhD • Friday and Sunday, July 18 and 20; August 15 and 17; September 19 and 21 8:45 a.m. to 4:00 p.m. The pilgrimage in Boyne City, Michigan begins by choosing one of the seven contemplative site you would like to visit. At six of the sites there are three Rooted Goddesses or Nature Spirits. Each one has a story and questions for you to contemplate and journal. You will spend an hour with each one. One site is a comfort spot, where you will have time contemplate your life. As you sit in the contemplative sites you will be considering what you want to release from your life and what you want to bring in to your life. $150. In Boyne city, MI. For more information contact Mary Seger at mary@maryseger.ne, or visit www.maryseger.net.

3 Day & 4 Day SW Lake Michigan Holistic Yoga and Meditation Retreats with Ann Arbor Yoga and Meditation • Thursday through Sunday, July 17 through 20; & July 31 through August 3 • Our small group 3-Day and 4-Day retreats are for beginners and pros. Double room and some single room accommodations, vegetarian meals, and guided daily group classes are included in cost. Three-day retreat is $559, four- day is $749. Registration deadline ends three days before start date. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

The Heart's Journey: Meditative Techniques for Cultivating Compassion for Self and Others with Khenpo Tshering Chophel • Friday, July 18 through Sunday, July 20 • In this retreat you will learn visualizations and contemplations to further develop your capacity for compassion. Research shows that increasing compassion for yourself and others brings many health benefits and increases happiness and resilience. This retreat will benefit anyone who helps others at work, school, or home. $225 includes meals; optional overnight accommodations additional. No one turned away for lack of funds. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

One Day Retreat with Dharma Teachers • Saturday, August 9 • 9:00 a.m. to 5:00 p.m. • Unplug from media, put aside "to do lists and follow your urge to meditate, just sit. The schedule includes periods of sitting meditation, walking, mindful work practice, rest, and simple stretching with a delicious vegetarian lunch at midday. $50 (members) $60 (nonmembers). For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, July 3 & 17; August 7 & 21 • 7 to 8:30 p.m. • Shamanic group journeying for personal discovery and inner work. Required: basic journeying skills, which are not taught in these sessions. Apply to attend by emailing info@JudyRamsey.net. Held online via Zoom. $25 per session or $40 per month. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

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The Crazy Wisdom Calendar

Shamanism continued...

Introduction to Journeying with Connie Lee Eiland • Sunday, August 10 • 10:00 a.m. to 5:00 p.m. • This 6-hour class includes Power Animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Class is in-person. $80 until two weeks before; $100 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday and Sunday, July 19 & 20, from 9:00 a.m. to 5:00 p.m. • Advanced online class with a limit of 6 persons. Deepen understanding of illness and how one's spirit helps the body thrive or not. Focus is on power loss and extraction of misplaced energy. Explore ways to identify and heal illness. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. Class taught via Zoom. $300 per person, $150 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Ancestors & Descendants with Conne Lee Eiland • Saturday, July 19 from 10:00 a.m. to 5:00 p.m. & Sunday, July 20 from 10:00 a.m. to 4:00 p.m • Ancestors and Descendants investigates our connections to our Circle of Ancestors and Descendants in ways that impact our health and wellbeing and those who follow us. This class includes journeys, sacred art, healing, and ceremony. Cycles of Life is a prerequisite. $200 until July 5; $230 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Basic Telepathic Animal Communication with Judy Liu Ramsey • Saturday & Sunday, August 2 & 3 • 9:00 a.m. to 4:00 p.m. • Enhance your relationship to wild animals as well as to your own companions. Learn to communicate with animals the way they communicate with each other telepathically. Discover and deepen your intuitive skills step-by-step in a supportive environment. Class is via Zoom. $180 per person, $90 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Shamanic Healing for Animals II with Judy Liu Ramsey • Tuesday, August 5, 12, 19, & 26 • 7 to 9:00 p.m. • Deepen your shamanic techniques working with animals' ancestors and the elements for conditions like dementia. Psychopomp and grief/loss for animals will be covered in depth. Pre-requisite: Shamanic Healing for Animals I. The class is taught via Zoom. $325 per person,

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Spiritual Development

A Water Pilgrimage: Transforming Your Life, and the World through Water with Amanda Anastasia • Saturday, August 9 OR 16 OR 23 • 9:00 am to 4:00 p.m. • Water is waiting for your prayer. If you are looking for deep, sustainable transformation in your inner and outer world, the crystal-clear water of Northern Michigan is calling. This retreat will take place in the Sleeping Bear National Lakeshore. We will engage in earth-based ceremonies designed to create a New Earth. The world is lovingly ready. $160/day, lodging not included. For more information contact Amanda at amahessling@gmail.com.

Sustainable Living Skills

Ypsi Farmers Market with Growing Hope • May Through October • 9:00 a.m. to 1:00 p.m. • Join us at the Ypsi Farmers Market! All season long, we're bringing the community together with a series of vibrant events celebrating local entrepreneurs, culture, food, and fun! From empowering young business owners to honoring heritage and connecting people with resources, there's always something special happening. Special events: May 3rd- Opening Day; May 17th - Children's Entrepreneurial Market; June 21 - Juneteenth Celebration; July 26th - Community Resource Fair; Aug 9th - Food Safety Event/ Mid-Summer event. FREE. For more information visit ypsimarkets.info.

Internship at Strawbale Studio with Deanne Bednar • Full Month of July • A unique opportunity to experience a variety of natural building skills while living on-site at Strawbale Studio. Classes and hands-on: foundation, round pole framing, strawbale walls, earth plaster and cob. Enrichment: thatching, foraging, pizza in the earth oven and more! Some partial-pay work trade available. $1250 or $950 paid 1 month in advance. Includes room and board. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Learning Tour at Strawbale Studio with Deanne Bednar • Saturday, July 13 from 10:00 a.m. to Noon OR Saturday, August 23 from 1 to 3:00 p.m. • Tour the Strawbale Studio and other enchanting natural buildings with thatched and living roofs, strawbale walls, earth plasters, and sculptures! See rocket stoves, earth oven, mushroom garden, and more. Ask lots of questions. $20. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Forage & Craft Workshop with Deanne Bednar • Sunday, July 13 • 1 to 5:00 p.m. • Forage materials and learn several traditional skills: cording from dog bane and day lily, wreath-making or dream catcher from vines, and a sweetgrass braid from the land. We can learn from our human traditions of honoring the earth, reweaving ourselves into nature. $35. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Sustainable Skills Worktrade at Strawbale Studio with Deanne Bednar • Full Month of August • An enriching opportunity to live and contribute onsite at Strawbale Studio, helping with the grounds, natural buildings, and infrastructure, while also being taught sustainable living skills. Nature, purpose, contribution, learning! Includes basic room and board. 30 hours of work trade a week. No fee. Room, board and enrichment in exchange for help. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

The Joy of Spoon Carving: Workshop with Deanne Bednar • Saturday, August 16 • 10:00 a.m. to 5:00 p.m. • Learn to safely and effectively use several tools to make a spreader knife and simple spoon. We will harvest the wood from the land that day. You can take home extra wood to continue your whittling. Whittling kits with a sloyd and hook knife will be available to buy ($15 - $40) so you can go home and keep carvin'! Bring your own bag lunch. $65, some scholarships available. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Eco Cooking Workshop with Deanne Bednar • Saturday, August 23 • 4 to 7:00 p.m. • See and experience a number of cooking devices at Strawbale Studio! Cook a meal on the outdoor rocket cooker. Heat some food in the solar cooker. Use the insulative cooker, see the earth oven and learn a few other "hot" cooking tips! $45. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Tai Chi, Martial Arts, and Self Defense

Beginning Tai Chi with Master Wasentha Young • Ongoing Mondays from 10 to 11:15 a.m. AND/OR Thursdays from 6 to 7:15 p.m. • Tai Chi, often characterized as a moving mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both

sessions at no extra cost! $215 for the semester. For more information contact Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Chen Tai Chi Ch'uan with Joe Walters • Ongoing Mondays & Thursdays from 5 to 6:00 p.m. OR Saturday from 9:30 to 10:30 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • Sunday, July 7 6, 13, & 20; August 3, 10, 17, 24, & 31 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in: $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Tarot and Divination

Tarot Reader Dr. Mari Ziolkowski • Ongoing Wednesdays • 2 to 7:00 p.m. • Highest Guided Meditative Tarot card readings, light language channeling, healing, and clearing, as well as herbal healing divinations. 10-minute, 1 Question, 2-Card Readings for $20. Otherwise, $2/minute; 30-Minute Minimum. For more information contact events@crazywisdom.net.

Tarot & Oracle Readings with Nina McDermott • Ongoing Fridays • 2 to 8:00 p.m. • Reading a combination of Tarot and/or Oracle cards, Nina uses her intuitive gift to take a deep look into a situation, relationship, or question, offering you unique perspectives for insights and positive change. Readings range from $20 to $65. For more information contact Nina at nina@seeseehealing.com, visit seeseehealing.com, or email events@crazywisdom.net.

Oracle Readings with Dr. Suzy Adra • Ongoing 1st, 2nd, and 3rd Saturdays• 11:00 a.m. to 3:00 p.m. • You will gain insight about your most urgent or pressing dilemma or question in addition to clarity and guidance on what to do moving forward. $3 min./15 minute minimum. For more information contact events@crazywisdom.net.

Intuitive Readings with Marcella Fox • Ongoing Last Weekend of the Month • Noon to 3:00 p.m. • Marcella Fox has over 20 years of experience doing intuitive readings. $20 for first 15 min. $1 per min additional. For more information contact events@crazywisdom.net.

Tarot 101 with Nina McDermott • Saturday, August 2 from 12:30 to 2:00 p.m. OR Wednesday; July 2; August 6 from 6 to 8:00 p.m. • Class will cover history and basics of Tarot and how to start doing readings. Learn the differences between Tarot and Oracle decks and experience using cards to connect to your intuition while also getting a multi perspective reading. We end with a 30-minute clinic to practice, discuss, and share knowledge with others in the community. $45. For more information contact Nina at nina@seeseehealing.com or email events@crazywisdom.net.

Community Tarot Clinic with Nina McDermott • Saturday, August 2 from 2 to 2:30 p.m. OR Wednesday July 2; August 6 from 8 to 8:30 p.m. • This 30-minute Tarot clinic is immediately following the Tarot 101 class and is open to anyone. Join us in this 30-minute Tarot clinic, where you can practice reading, discuss experiences, and share knowledge with others in the community. A $5 donation is suggested for those not attending the Tarot 101 class. For more information contact Nina at nina@seeseehealing.com or email events@crazywisdom.net.

Writing and Poetry

Summer Writing Intensive at Dzanc House • Sunday, July 13 through Saturday, July 26 • Get personalized feedback on your work in a supportive, one-on-one workshop environment with professional authors, poets, and writers! And, have your manuscript reviewed by Editor-in-Chief and Publisher at Dzanc Books, Michelle Dotter. Room and board provided in our beautifully renovated space. Between $1,100-1,250. For more information contact Charlene at residency@dzanchouse.org or visit dzanchouse.org.

Yoga

Deep Centering Class Outdoors or In the Park with Ann Arbor Yoga and Meditation • Ongoing Tuesdays • 4:45 to 5:45 p.m. • This class is designed to effectively help relieve stress at a deeper level, both in body and mind. Experience a sense of harmony and centering. Dynamic posture sequences (flows) are followed by guided progressive relaxation (Yoga Nidra) and therapeutic breathing, visualization, and meditation. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga Nidra & Meditation Class with Ann Arbor Yoga and Meditation • Ongoing Wednesdays • 11:00 a.m. to Noon • This class will address the whole person, cultivating a state of relaxed awareness to help one become more objective and present, resulting in decreased stress, anxiety, and depression,

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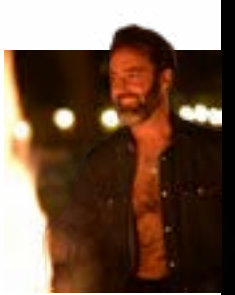

Location: Zionwell Yoga Studio
3384 Washtenaw Ave, Ann Arbor, MI

Time: Wednesdays, 8:00 PM - 10:00 PM
~Twice Monthly~

Upcoming Dates:
May: 5/7, 5/21 • **Jun:** 6/11, 6/25 • **Jul:** 7/9, 7/30
Aug: 8/13, 8/27 • **Sep:** 9/10, 9/24 • **Oct:** 10/8, 10/22

Spots are limited. Reserve your place today online.
Drop-In: $30 • 4-Pack: $100
8-Pack: $200 • 12-Pack: $300

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improved quality of life, and a higher state of well-being. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga for Anxiety Course with Ann Arbor Yoga and Meditation • Ongoing Thursdays • 4:30 to 5:30 p.m. • Classical Yoga for Anxiety program will be taught. Audio and excellent text available to develop your home practice and improve your health and well-being. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga Meditation Self-Care Course with Ann Arbor Yoga and Meditation • Ongoing Sundays from 11:00 a.m. to Noon OR Wednesdays from 8 to 9:00 a.m. • Each class will provide a whole body deep, yet gentle and meaningful workout, total relaxation, a great variety of breathing and meditation techniques to inform and inspire stress-less and healthful lifestyle. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Hatha Yoga with Samantha Lieberman • Thursday, Jul 3, 10, 17, & 31; August 7, 14, 21, & 28 • 9:15 to 10:15 a.m. • Sam Lieberman has been practicing yoga since 1988. She received teacher trainings in Yoga Fit and Yoga Medics. Yoga Medics is a medical model approach with emphasis on alignment and therapeutic needs. Drop in, $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Friday, July 11 & 18; Aug 1, 8, 15, 22, & 29 • 9:15 a.m. to 10:15 a.m. • Experience the how, why, and importance of stretching! Drop-in - $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Toddler Yoga with Courtney Fitzpatrick • Saturday, August 2 • 8 to 8:45 a.m. • We're excited to bring back Toddler Yoga to the Yoga House! Parents/guardians, dust off your yoga mat and join us with your active little cutie. We'll be playing games, trying out some yoga poses, read a yoga-related book, and have some fun! This is a wonderfully relaxed time to explore movement and to have some quality time together. $25 (or included in membership). For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Self-Care Sunday For Women with Courtney Fitzpatrick, Penni Jones, & Lynnea Harris • Sunday, August 3 • HIIT Happy, Pulse Nutrition, and Verapose Yoga are collaborating for a super fun event, and we'd love for you to be a part of it! Includes: a 30-minute Interval Workout, 30-minute Yin (gentle!) Yoga with Guided Meditation, a 30-minute Nutrition education while you enjoy a protein shake, and time for gathering/sharing as a community at the end. $45. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Yoga Classes with David Black • Tuesday, July 1, 8, 15, 22, & 29; August 6 • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Cost is $60 for six sessions or $12 per drop-in class. For more information contact the Zen Temple at (734) 761-6520or email annarborzentemple@gmail.com.

Healthy Aging Series with Jennifer Lenders • Saturday, July 12; August 9 • 4 to 6:00 p.m. • Join Jennifer Lenders, C-IAYT Yoga Therapist, for our monthly Healthy Aging Series. This series, focused on various subjects from learning to calm the mind, to healthy joints to a focus on the wellbeing of the heart, is designed to teach students techniques to feel good and age well. All ages welcome! $40. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

JOIN US EACH FRIDAY AT CRAZY WISDOM!

CRAZY WISDOM

Friday Live Music

July

4th — Happy Independence Day
-No Live Music Scheduled-

11th — Marty Kohn and Patrick Clinton
Music and laughter

18th — Art Fair
-No Live Music Scheduled-

25th — Emily Slomovits
Multi-Instrumentalist Americana

7:30 - 9:30pm
114 S Main St. Ann Arbor

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Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers

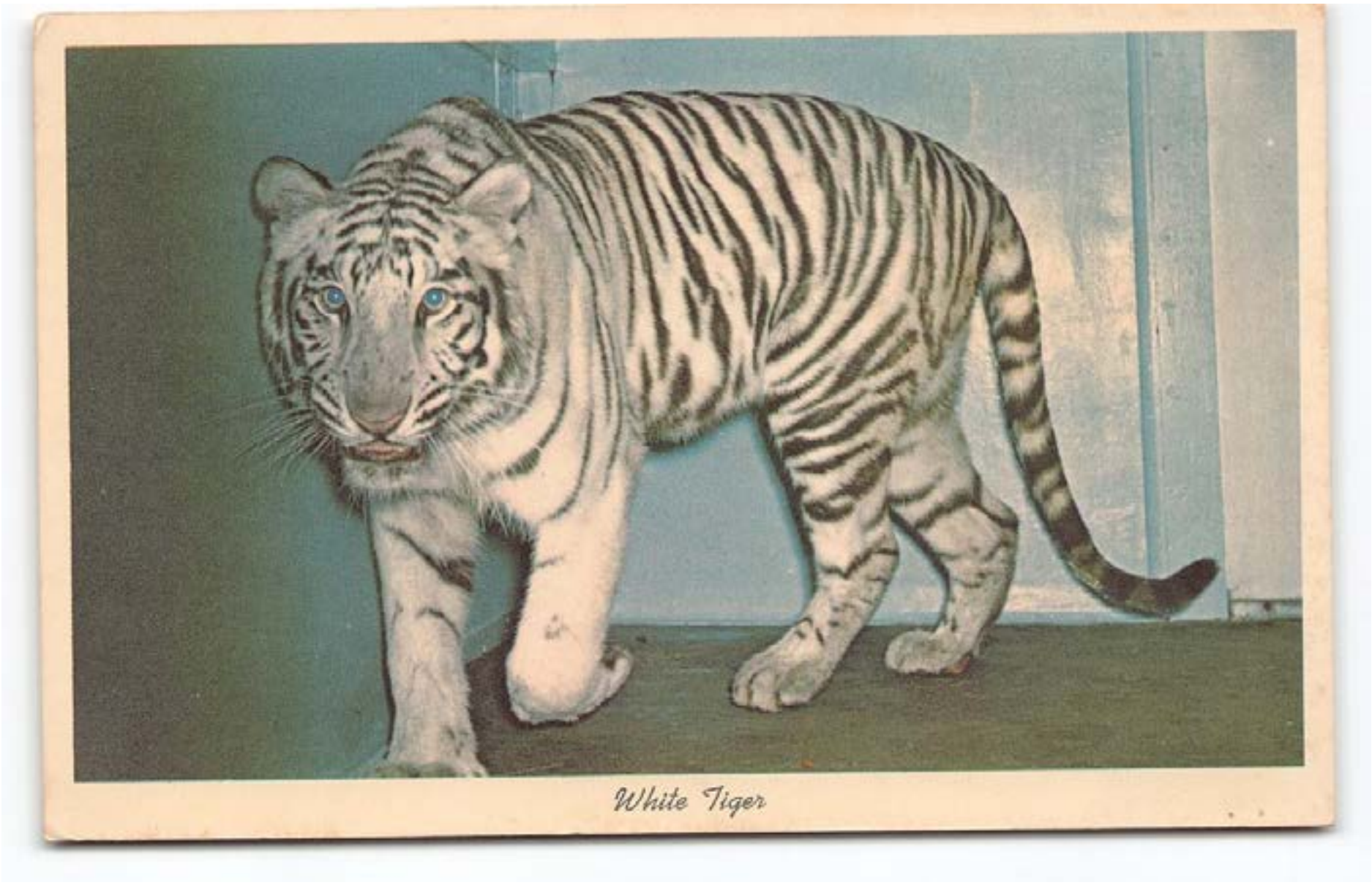
July 23 - John Jeffire is the Detroit author of two novels and three poetry collections. His novel *Motown Burning* won the 2005 Mount Arrowsmith Novel Competition and the 2007 Independent Publishing Awards Gold Medal for Regional Fiction. In 2022, his novel *River Rouge* won the American Writing Award for Legacy Fiction. His recent poetry collection is *A Temple for Tomorrows*.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

"THE EARTH IS LIKE A CHILD THAT KNOWS POEMS BY HEART."
–Rainer Maria

A Conversation with Mohini, the White Tiger


White Tiger

By Peggy River Singer

I was seven years old in 1960 when Mohini arrived at the Washington Zoo, the first white Bengal tiger to leave India. She was gloriously beautiful, a natural celebrity. My bedroom wall was papered with colorful magazine articles about her.

Recently I thought about Mohini again; online articles spoke of her mates and the cubs they had while confined in the zoo's lion house in a 12' x 12' cage. She spent years alone, pacing an endless path within her prison walls.

But times changed, and zoo visitors began to protest the inhumane conditions she lived in. A wooded enclosure was built, but she panicked in the unfamiliar open space and ran to a secluded corner, where she spent the rest of her life pacing a 12' x 12' invisible cage.

"Heartbreak" is just a word until you feel it like a gut punch to your soul, and I felt it that day when I read about the end of her twenty years in captivity.

Today, I connected with Mohini to hear what she has to say about that lifetime.

Peggy: Mohini, your story offers many obvious lessons about humans and animals, but I feel like there must be more to learn beyond the sadness of your life and death.

Mohini: Indeed there is, and I'm glad to have a chance to encourage people to look deeper into this example.

More than anything else, I am proud that the example I set in that lifetime has been taken so seriously. In the years since, the whole world has rethought the rightness of capturing, caging, and breeding wild animals for the entertainment of humans. And people around the world are increasingly demanding proper care for captive animals and encouraging their eventual release, where that is possible.

Yes, countless animals are still being kept in cruel conditions, but slowly gradually the energy of change continues to persistently uplift the energies of human thoughts and intentions.

Peggy: During the years when you paced continuously, did you spend much time in your body?

Mohini: No. I was batting at stars in the sky, pretending to pounce on comets and meteors, playing with my cubs and spending time with my mates. I also devoted a great deal of time to advising other caged animals. Many animals choose to experience that kind of life, both for their own personal growth and for the spiritual growth of involved humans. And, many caged animals spend most of their time out-of-body, as I did.

Peggy: When I was a child I hated concrete cages and roadside zoos but I couldn't do anything about them. I'm so relieved to confirm that those animals could choose to do other things as their spirit selves while their physical bodies stayed in the cages. Is this also true for aquariums?

Mohini: Yes, any situation where animals are held against their will including herds of cattle, chickens raised inside barns, dogs in puppy mills, mink in fur farms, and even Asian bears who are kept alive so their gall bladder fluids can be drained off for medicinal uses. All these animals make choices, for the greater good of animals and humans.

Peggy: I'm feeling overwhelmed, this is almost too much to take in but in a very positive way. Now I can feel more hope for the future. Is there anything else you'd like to say today?

[I feel a great flow of warmth, soft fur against my hand, and soothing purring from Mohini.]

Mohini: This is my answer, blessing to you and all who read these words.

Peggy River Singer is a Pleiadian Starseed, Lightworker, all-beings communicator, faerie ally, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call 734-548-0194.

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Healing Awaits at AnnArborHolistic.com

Questions? Email annarborholistic@crazywisdom.net

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

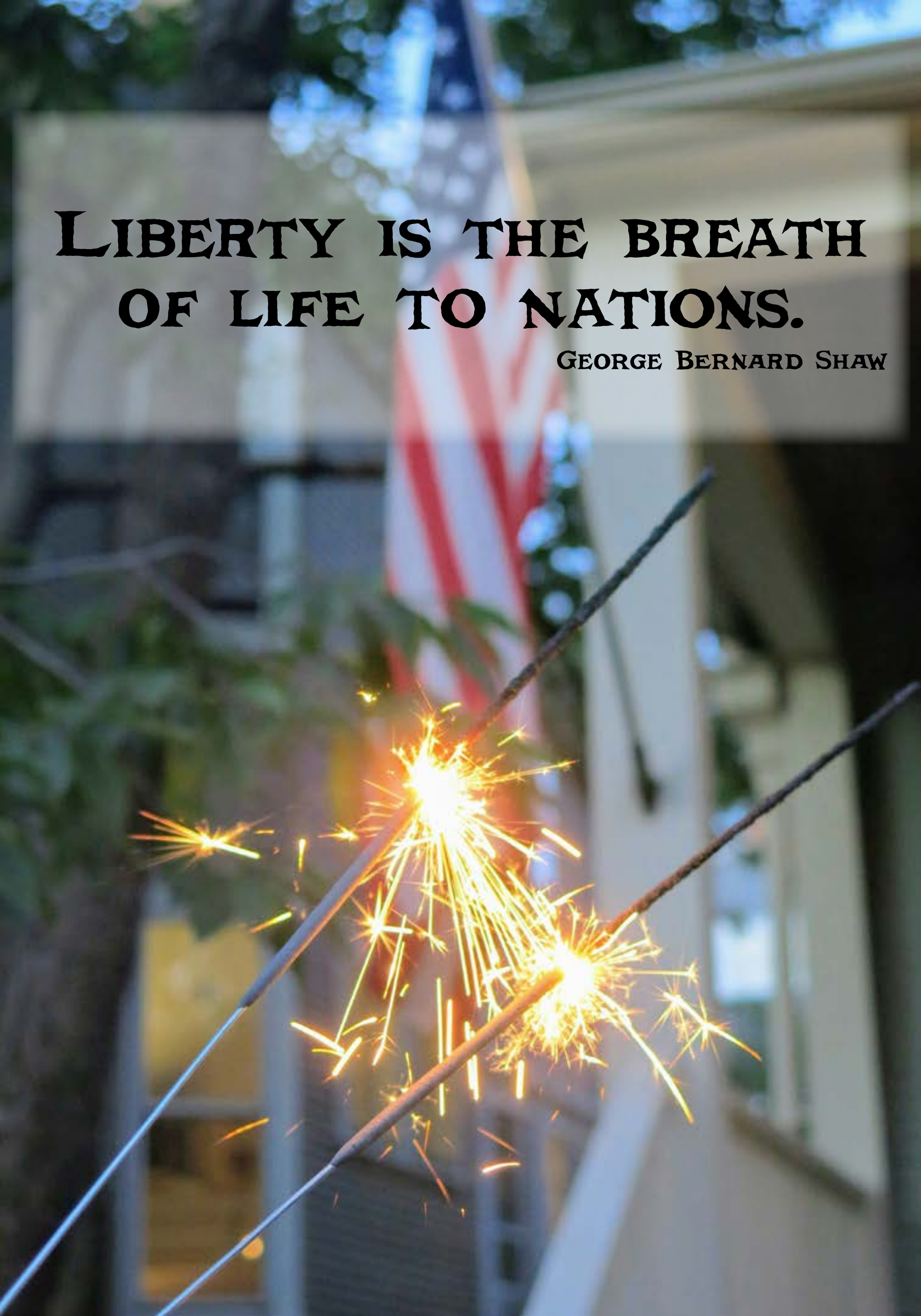
Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

7 Notes Natural Health
Argus Farm Stop
Balance Point Fitness
Booksweet
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Cofee
Oz's Music
Peaceful Dragon School
Red Yoga
Roos Roast Coffee
Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Washtenaw Community College Student Center
Wine Wood Organics

Now delivering to spots in Brighton, South Lyon, and Royal Oak too!


Liberty is the breath
of life to nations.
George Bernard Shaw